

2001 California Dietary Practices Survey

Table 40: Consumption of Whole Grain Breads, High Fiber Cereal, or Both

Question: Yesterday, did you eat any whole grain breads/corn tortillas or high fiber cereal?

	Ate Whole Grain Breads	Percent Ate High Fiber Cereal	Ate Both
Total	45	11	6
<i>Sex</i>			
Males	45	10	6
Females	45	11	6
<i>Males</i>			
18 - 24	43 **	6 ***	6 ***
25 - 34	50	8	6
35 - 50	36	10	3
51 - 64	44	8	4
65+	57	24	15
<i>Females</i>			
18 - 24	47	2 ***	1 **
25 - 34	42	9	6
35 - 50	45	10	5
51 - 64	45	10	5
65+	52	21	11
<i>Ethnicity</i>			
White	46	13 ***	7 **
Hispanic	44	4	2
Black	51	10	5
Asian/Pacific Islander	37	11	6
<i>Education</i>			
Less than high school	41	6 **	3 **
High school graduate	43	8	4
Some college	46	11	5
College graduate	47	14	8
<i>Income</i>			
Less than \$15,000	49	10	6
\$15,000 - 24,999	44	8	4
\$25,000 - 34,999	46	13	6
\$35,000 - 49,999	43	12	6
\$50,000+	43	13	6
<i>Physically Active</i>			
Did not meet recommendations	41 ***	10	5
Met recommendations	50	12	6
<i>Overweight Status</i>			
Overweight/Obese	42 *	9	5
Not overweight	48	12	7

¹ Consumption of corn tortillas was not asked in 1989.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi square test:

* p<.05

** p<.01

*** p<.001